

## HANDLING EMOTIONS

### 11.1 Introduction

When you meet a friend after a long time you feel happy, when a baby clings to her mother she displays love, when you are praised by your parents or teachers you feel proud of your self. Similarly joy and sorrow, excitement and disappointment, love and fear and many more emotions are experienced by us in our daily life. In this lesson you will study what is an emotion, feeling and expression of emotion, and how emotion directs our behaviour.

### 11.2 Objectives

After studying this lesson you will be able to

- describe what is an emotion;
- describe role of maturation and learning in emotional development;
- describe the relationship between emotion and motivation;
- describe the physiology of emotion;
- describe various expressions of emotions;
- describe some positive and negative emotions;
- differentiate between fear and anxiety.

### 11.3 Nature of emotion

The term emotion is derived from the latin word 'emovere' which means stir up, agitate, excite or move. Emotions are generally referred to as stirred up state of feelings or affective reactions. Feelings may be pleasant or unpleasant. Pleasant feelings are the

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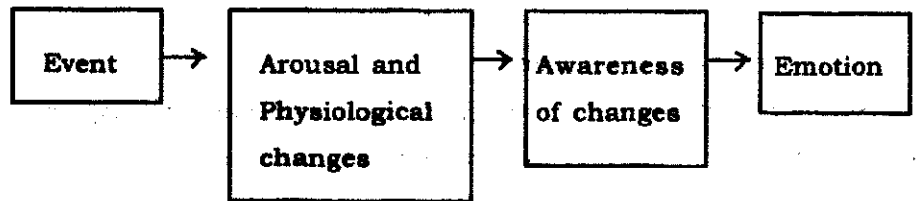
sources of positive emotions such as joy, affection whereas unpleasant feelings are associated with negative emotions such as anger, fear, anxiety etc. Each emotion has three basic components-

- (i) **Cognitive component**—It includes thoughts, beliefs and expectations that determine the type and intensity of emotional response. For example—your friend may find a novel rich indescrptions of people and places whereas you may find it unrealistic.
- (ii) **Physiological component**—When you experience emotion fear or anger, you experience increase in pulse rate, blood pressure and respiration and you may perspire.
- (iii) **Behavioural component**—It includes various forms of emotional expressions. If you observe your father or mother during anger and happiness you will notice that facial expressions, bodily postures and tone of voice vary with anger joy and other emotions.

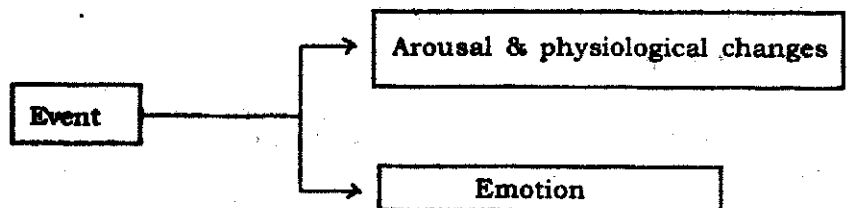
List what you do when you are		
Happy	Sad	Afraid
_____	_____	_____
_____	_____	_____
_____	_____	_____

### 11.4 Theories of Emotion

Psychologists have tried to explain the phenomenon of emotion in different ways. William James and Carl Lange stated that physiological changes give rise to emotional experience According to them first you cry then you feel sad, first you run then you feel afraid . This sequence is presented in the figure.



Cannon and Bard said that when we face an event we feel physiological changes and perception of emotion together.



S.Schachter and J.E.Singer suggested that cognitive processes play a major role in experience of emotion. According to them if you are aroused by an outside stimulus you will notice the arousal and will look to the environment to find out **why** the arousal has occurred. After that you will label which emotion you are feeling. Like a man startled by a dog will label his state as fear whereas a student excited by success in the examination labels his state as happiness.

First of all let's find out what is an attribution approach to motivation and emotion. This is called Attribution is the process of giving reasons for why things happen.

When we are excited by an event or stimulus, it provides the basis for an emotional experience. This excitement is shaped into a specific emotion by an attribution process. Suppose your heart starts beating rapidly and fingers tremble- is it fear, anger or joy or a touch of flu? If you have been insulted by your friend you will interpret these reactions as anger. You will experience fear if you suddenly face a snake and start running very fast but when you are in a race you will attribute these feelings to excitement and will be motivated to run faster in order to win.

Thus it is seen that in each case your body will be in an excited state- depending on the situation and attribution of causes different emotions are felt.

The distinctive pattern of attributions which an individual makes in terms of how events are perceived is called the attribution style of the person.

**Role of Maturation :**

Although the general ability to respond emotionally is present at birth, emotional development is due to maturation and learning.

Infants show emotional responses like crying, smiling etc. With the growth of imagination and understanding a child is able to differentiate family members from strangers and fear of strangers develop.

### **11.5 Role of Learning**

Children learn to express their emotions by imitating their parents, siblings and other family members-for example the expression during anger or happiness. The role of learning in emotional development becomes clear if we notice emotional expressions peculiar to some culture For example in Indian culture father doesn't show his affection openly to his children because its not welcomed in society whereas there are no such inhibitions in western culture.

### **Activity**

*Ask your friend to observe you and then stick your tongue out towards him. How will your friend interpret it ? Then you clap your hands and ask for his interpretation. Do you know your friends interpretation of these acts may be completely different from that of a chinese. Chinese clap their hands when they are worried but for us clapping is a sign of happiness. They stick out their tongue to show surprise but you may interpret it as teasing.*

In the same way learning is also responsible for conditioning of fear of darkness, lightening, certain animals or objects.

### **11.6 General Characteristic of emotions**

- (i) You will experience an emotion when any of your basic needs is not satisfied or challenged. You also experience positive emotion on satisfaction of a need.
- (ii) When you are under an emotion you experience some physical and physiological changes-facial expressions, gestures, change in the rhythm of the heartbeat, blood pressure, breathing pattern etc.
- (iii) Your thinking, reasoning, memory and other psychological activities will be affected by emotions.
- (iv) During an emotional state tremendous amount of energy is released which helps in facing the critical situation. For example if a dog runs after you, you run at much higher speed than normal.
- (v) Both maturation and learning play an important part in development and expression of emotion.
- (vi) When you have pleasant emotional experiences you will be in a happy, good or positive mood. But unpleasant emotional experience will lead to sad or negative moods.
- (vii) The experience of emotion can first increase your performance to some extent but if heightened and prolonged will decrease it.

### **11.7 Relationship Between Motivation And Emotion**

Emotion and Motivation are closely related. Motivation is present along with emotion in our daily behaviour. When you are afraid of a mad dog you run and cry for help. In this situation fear is an emotion which leads to goal directed behaviour (running) and therefore acts as a motive. The emotion of fear is also a result of the need for safety. The dog threatens your safety therefore you are afraid and you run. Thus motive leads to emotion and emotion further motivates to act consistent with the original motivation (Safety in the above exmple).

You are motivated to do things which give pleasant emotional experiences and you avoid doing things which make you unhappy sad. Emotions provide the energy for motives. The stronger the emotion, the greater the motivation. The more you get angry the more you fight.

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### Intext Questions 11.1

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I. Fill in the blanks with appropriate words :

- (i) Emotion is a \_\_\_\_\_ state of an individual.
- (ii) The term emotion is derived from the latin word \_\_\_\_\_.
- (iii) \_\_\_\_\_ and \_\_\_\_\_ are basic components of each emotion.
- (iv) Emotions provide \_\_\_\_\_ for motives.
- (v) \_\_\_\_\_ and \_\_\_\_\_ highlighted the importance of cognitive process in emotional experiences.

II. Mark the following statements as true or false.

- (a) Maturation and learning play an important part in the development of emotions.
- (b) Emotions have no effect on our thinking and reasoning.
- (c) Pleasant emotional experiences will lead to good mood.
- (d) Cannon and Bard stated that physiological changes and perception of emotion occur together.

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### 11.8 PHYSIOLOGICAL BASIS OF EMOTION

Physiological changes that take place in emotional state are produced by activity of all the internal organs and nervous system. However the organs which are closely related with emotional experiences are hypothalamus autonomic nervous system and adrenal glands. Let's study more about them :

- (i) Adrenal glands - These glands are located near the kidneys. They secrete a hormone called adrenalin. Various physiological changes under emotion produced by the secretion of adrenalin for example dilation of air passage of the lungs, increase in heart beat and blood pressure and slowing down of digestive process. These glands play a significant role in preparing the organism for emergency
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reactions, under emotions. These are stimulated by hypothalamus through sympathetic nervous system to release more adrenalin.

(ii) Autonomic Nervous System - It consists of many nerves leading from the brain and spinal cord to various organs of the body. The Autonomic Nervous System has two parts.

**Sympathetic system-** This is active during aroused states and prepare the body for mobilisation of actions needed in the situations. It brings about the dilation of the pupil, increased sweating and heart-beat, dryness of mouth etc.

**Parasympathetic System-** This is active when we are calm and relaxed. It decreases the heart rate and blood pressure and increases digestive activity. All the changes caused by sympathetic system during emotional condition are brought back to normal state by this system.

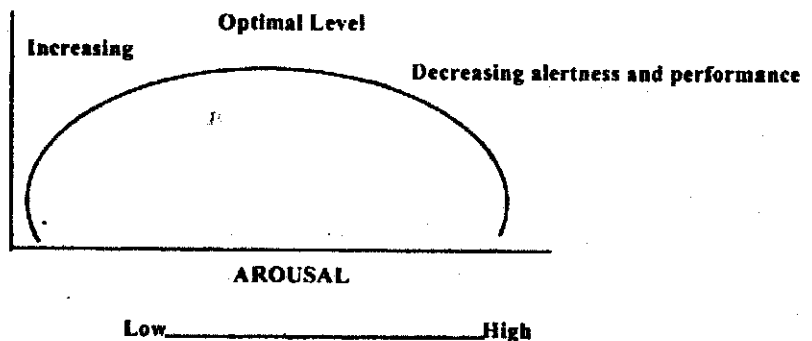
It must be clear to you by now that the two parts of Autonomic Nervous system work in opposite manner to maintain an internal balance best suited for the survival of the organism in normal and emergency situations.

(iii) Hypothalamus- Hypothalamus plays an important role in the experience of emotion. The physiological expressions during emotion are activated by hypothalamus. It sends impulses to muscles and glands. The individual whose hypothalamus is injured becomes incapable of experiencing any emotion.

While studying on emotions, we are talking a lot about 'Arousal'. Let's find out what is 'arousal'.

**AROUSAL-** When we are emotional, we often feel excited. This excited state is aroused state. The degree of arousal is measured by heart rate, blood pressure, breathing, pupil size and skin conductance.

A little arousal is good because it keeps you working and alert. When you become highly aroused (as in anger or fear) your performance decreases. This relationship between arousal and performance is shown as an inverted U-shaped curve in the given figure



### Intext Question 11.2

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A. Fill in the blanks with suitable words :

- (i) The two parts of autonomic nervous system are \_\_\_\_\_ and \_\_\_\_\_.
- (ii) When we are \_\_\_\_\_ sympathetic system is active.
- (iii) A little arousal \_\_\_\_\_ the performance.

B. What is an arousal ? How can it be measured ?

\_\_\_\_\_

\_\_\_\_\_

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### 11.9 Changes under Emotions

Try to agitate your friend by opposing his/her ideas and rejecting the suggestions. When she becomes angry observe closely. Can you notice any change in the facial expressions, voice, colour of the face.

Now you try to make him/her feel happy and again observe the change in expressions and voice etc. Was there an difference in both the situations.

If you observe any person in different emotional situations such as joy, anger, fear etc you will notice some bodily changes. With the change in emotions we all experience some physical, physiological and psychological changes. Let us study about these changes.

#### Physical changes

Facial expressions change during emotional experience. When you are angry your face becomes reddish, nostrils flare and jaws stiffens, and your voice becomes loud high-pitched and hoarse.

When you are afraid your eyelids are widely open and face turns pale, some times your knees tremble.

#### Physiological changes

When we experience an emotion there are changes in internal activities too. Increase in Heartbeat and blood pressure occurs and some times slight stomach ache is also felt. When we are angry or afraid our digestive activity stops, our mouth becomes dry and pupils of the eye enlarge. Sweat glands become active. The conductivity of our skin to electrical current increases.

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## Psychological changes

Under strong emotions such as when you are angry, afraid or jealous your thinking and memory gets affected adversely. You face difficulty in learning and concentration. Your perception get distorted and memory gets inhibited.

But all these changes (physical, physiological and psychological) differs from individual to individual.

### 11.10 Expression of Emotions

Look at the faces given below. Try to identify the emotions displayed by these facial expressions.

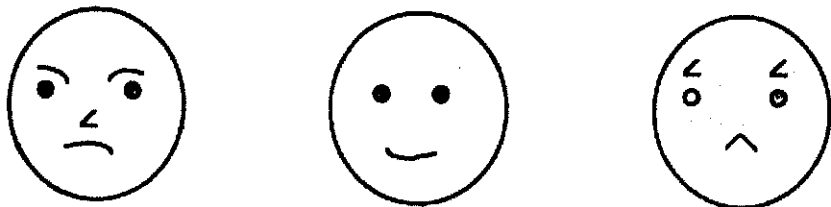


Figure- Different Facial expressions showing irritated, happy and angry emotional state

In India the expressions of emotions have been studied systematically by Bharata some time between fifth century. In *Natyashastra* he has given eight major emotions which could be effectively translated into 'rasa' which means aesthetic moods. Some of them are depicted in the figure given at the end of the lesson, which shows various 'rasa' by facial expressions during Bharatnatyam Dance. Try to identify the 'rasa' and corresponding emotion portrayed by the dancer.

Let us study some of emotional expressions-

(i) **Startle Response-** You can observe the startle response yourself by surprising your friend. Walk quietly upto your friend when he or she is deep in thought and yell "Boo!" You will notice rapid closing of eyes and widening of the mouth. The chin tilts up and the arms and legs are bent. This response is an inborn response.

(ii) **Facial Expressions-** Each emotion has its characteristic facial expression. The eye, nose lips and forehead twist and twitch and take different shapes. Facial expressions show three dimensions of emotional expressions-

**Pleasantness-unpleasantness-** The facial expressions represent feeling of pleasantness (like smile and laughter etc) or unpleasantness (a sad look)

**Attention-Rejection-** Attention is expressed by wide open eyes and open mouth. Rejection shows contraction of eyes, lips and nostrils.

**Sleep-Tension-** It refers to the level of relaxation and tenseness or excitement such as when you sleep and when you are angry and anxious.

**(iii) Vocal Expressions-**People express emotion with their voices also. You must have noticed that your voice trembles and breaks when you are sad, you groan when you are in pain and your voice is loud and high pitched, in anger.

**(iv) Gestures and postures-** The gestures and postures you display during joy will differ from those during sorrow . In sorrow you slump your face down. In joy you hold your head high and take an upright posture. In fear you either run or are rooted to the spot. We learn gestures and postures from the people around us. Therefore societies may have different ways of expressing emotion. For example the chinese express surprise by sticking out their tongue but in our culture when you stick your tongue, you may be teasing or showing defiance.

### Intext Questions 11.3

A. What are the different changes that occur in an emotional state ?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B. Fill in the blanks with appropriate words :

(i) \_\_\_\_\_, and \_\_\_\_\_ changes are observed during emotional state.

(ii) Under strong emotions thinking and reasoning get affected \_\_\_\_\_.

C. State whether the following statements are True or False :

(i) We learn gestures from our society (True/False)

(ii) When you are sad your voice will become loud. (True/False)

(iii) We learn gestures and postures from on society. (True/False)

### 11.11 Major Emotions

We develop a number of emotions while dealing with the environment. They can be negative emotions like fear and anxiety positive emotions like pleasure and love.

**(i) Fear-** Fear is caused by situations which are perceived as physically threatening or frustrating. The situations that produce fear changes with age. In your early childhood you must have been afraid of strange objects and persons, loss of support, darkness and devils, etc. During adolescence fears are of social in nature such as fear of authority, parental criticism, peer rejection, fear of failure, etc.

Maturation and learning contribute to the development of fear. Children learn emotional behaviour by imitating their parents, brothers, sisters etc. That is why a one or two year child would have no fear of snake, whereas older children feel afraid. Fear can also be developed through conditioning (kind of learning). For this reason each person's fear will be somewhat different from that of others. For example if in childhood somebody was lost in crowd/he may develop fear of crowd. You must have noticed similar other types of fear among your friends such as fear of lizards, darkness etc. When such fears become very strong, they are called phobias. Usually people try to escape fearful situations by running away from them.

**(ii) Anxiety-** Anxiety is a painful uneasiness of mind. During anxiety you feel helpless and unable to find a solution for your problem. It is a vague fear experience because sometimes you don't know its exact cause. The difference between fear and anxiety refers to a present situation. You can recognise the cause of fear in your present situations whereas anxiety arises due to anticipated or imaginary situation.

You will become anxious when you anticipate any harmful or threatening event. The sense of anxiety can be an unconscious memory of fear stimulus. We may forget the particular unpleasant situation in which we learned a fear. When we face similar situation we feel anxious without knowing why we feel so. High level of anxiety is destructive for our performance and health.

**(iii) Pleasure-** Pleasure or happiness is a positive emotion. It gives satisfaction to the person who experiences it. Pleasure is the reaction to the satisfaction of a motive or the attainment of a goal. When we are happy we smile, laugh and there is an expression of satisfaction on our face. An infant expresses pleasure by babbling, and children learn to express happiness in the socially approved manner. Attainment of pleasure come from different sources in different stages of life like babies derive pleasure from physically well being, tickling etc whereas adults experience pleasure by being successful in various situations etc. Children whose home, school and neighbourhood environments are pleasant have more happy experience than those who must live, work and play in unpleasant environment.

**(iv) Affection-** It is a pleasant emotional reaction directed towards a person animal or thing. It is built up as a result of pleasant experiences. The most primitive basis of affection is associated with

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warmth of mother's body, and being fondled and cuddled. Learning plays an important role in determining the particular persons or objects to which the child's affection becomes attached. Children indiscriminately show affection towards members of the family, pets and toys. As adolescence approaches affection will be diverted more towards people than pets. Affectionate responses are shown in an outgoing striving approaching kind of behaviour. Affection is expressed by patting, hugging, verbal expressions, protecting and helping loved one.

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### Intext Question 11.4

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Fill in the blanks with suitable words :

- (i) The situation which produces fear changes with \_\_\_\_\_.
- (ii) Fear is a \_\_\_\_\_ emotion whereas love is \_\_\_\_\_ emotion.
- (iii) Anxiety arises due to \_\_\_\_\_ or \_\_\_\_\_ situation.
- (iv) Cause of anxiety could be \_\_\_\_\_ memory of fear stimulus.
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### What You Have Learnt

Emotion is a stirred up state which directs our behaviour. The motivation and emotion are closely related. The Autonomic Nervous system and hypothalamus play an important role in experience and expression of emotions. There are number of physical, physiological and psychological changes which accompany emotional states for examples like changes in heartbeat, breathing etc. Different psychologists have different theories to explain the phenomenon of emotion. The James-Lange theory suggested that emotion is the recognition of changes in some bodily states. The Cannon-Bard Theory suggests that a stimulus events gives rise to both physiological changes and to the preception of emotion. These events occur close in time. The Schacter-Singer theory proposes that a person is aroused by an external stimulus evaluates the arousal with respect to the environment and labels the emotion. The undifferential arousal is shaped into specific emotion by the attribution process. This then motivates us to act accordingly.

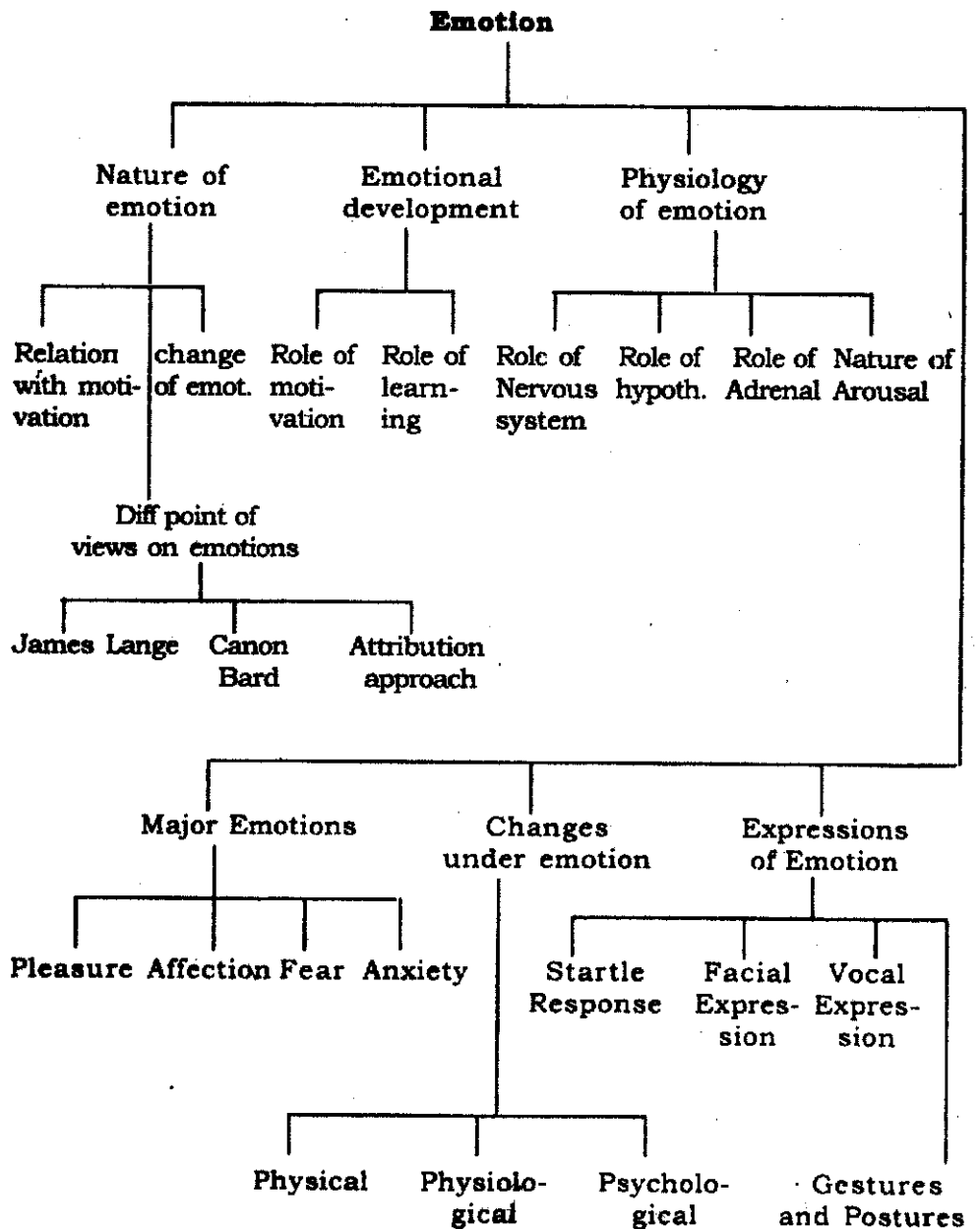
The expressions of emotion can be understood by observing individual facial and vocal expressions, gestures and postures.

Fear and anxiety are the two negative emotional patterns. Fear arises from a present situation, whereas anxiety come from an imaginary situation which we cannot perceive. Apersistent fear when intense

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can lead to phobia. Anxiety when low can be good but when high can be destructive.

Pleasure and affection are two positive emotions. Pleasure is a reaction to the satisfaction of a motive and is expressed by smiling and laughing. Affection is an emotional reaction of pleasant experiences directed towards some person or animal. It is expressed by taking care of the loved one, patting, hugging, protecting and verbal admiration.



### Emotion in Indian Classical Dance



### Terminal Questions

- (i) What do you understand by emotion. Give examples of positive and negative emotions ?
- (ii) Briefly describe general characteristics of emotion ?
- (iii) Explain how emotion is related to motivation ?
- (iv) Describe facial and vocal expressions of emotion ?
- (v) How does one learn fears ?
- (vi) How do phobias develop ?
- (vii) What is the difference between fear and anxiety ?

## Key to Intext Questions

### 11.1

- I. (i) Stirred up  
(ii) remove  
(iii) cognitive, physiological and behavioural  
(iv) pleasant  
(v) energy
- II. (a) true (b) false (c) true (d) true

### 11.2

- A. (i) Sympathetic system, parasympathetic system  
(ii) excited, aroused  
(iii) increases
- B. The feeling of excitement in an emotional state is known as arousal. It can be measured through one's heart beat, blood pressure, breathing, pupil size and skin conductance.

### 11.3.

- A. The different changes that occur in an emotional state are physical, physiological and psychological.
- B. (i) Physical, physiological and psychological  
(ii) adversely
- C. (i) true  
(ii) false  
(iii) true

### 11.4

- (i) age
- (ii) negative and positive
- (iii) imaginary or anticipated
- (iv) unconscious

### Hints to terminal exercises

- (i) Refer section 11.3
  - (ii) Refer section 11.6 (physical, physiological etc.)
  - (iii) Refer section 11.7
  - (iv) Refer section 11.10
  - (v) Refer section 11.11
  - (vi) Refer section 11.11
  - (vii) Refer section 11.11
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## Answers to Terminal Questions

- (i) Emotion is a stirred up state of feelings or affective reactions. It is made up of three components cognitive, physiological and behavioural component. Love and happiness are positive emotions and fear and anxiety are negative emotions.
- (ii) We experience physical and physiological changes under emotion. Emotions can both increase or decrease our performance. Maturation and learning both play important part in development and expression of emotion. Positive emotions leave happy mood whereas negative emotions leave behind unhappy mood.
- (iii) Motivation and emotion are closely related motivation is present along with emotion in our daily behaviour. Emotion sometimes act as a motive and provide the energy for motives. The stronger the emotion the greater the motivation For example the more angry are the more you fight.
- (iv) (physical) changes- changes in facial expressions, postures, gestures, trembling, change in tone of voice.
- (physiological) changes- Increase in heart beat and blood pressure, change in digestive activity, salivation, and decrease in psychomotoric response.
- (v) (a) **Facial expressions** of emotions have 3 dimensions.
- (i) Pleasantness like smile and laughter and unpleasantness like a sad look.
  - (ii) Expressing attention by wide open eyes and open mouth and rejection by contraction of eyes, lips and
  - (iii) Sleep tension by relaxation and tenseness
- (b) **Vocal expressions**- voice becomes loud and high pitched in anger, trembles and breaks during sadness and we groan when in pain.
- (vi) Fear is learned by imitating fear responses of parents, siblings and people around us.
- (vii) Phobias are developed by strong conditioning of fear. If someone had a fall from a height he may start fearing high places and develop height phobia.
- (vi) The difference between fear and anxiety is that fear comes from a present situation but anxiety comes from an anticipated or imaginary situation. The cause of anxiety can be unconscious memory of fear stimulus.